

**THE AMERICAN VETERAN
AUGUST 2007 EDITION**

SEGMENT TITLE: MOVE!

DANIELA MARCHUS, HOST: STATISTICS SHOW THAT THE VETERAN POPULATION IS MORE OVERWEIGHT THAN THE GENERAL PUBLIC. NOW, THE VA IS WEIGHING IN ON THE PROBLEM WITH A PROGRAM CALLED MOVE.

IT'S JUST FOR VETS AND IT JUST MIGHT BE THE ANSWER.

STEVE MURATORE, MOVE PARTICIPANT: FOR ME BEING BORN INTO AN AVERAGE AMERICAN FAMILY, LIFE WAS GOOD AS A CHILD BUT AS AN ADULT I WENT THROUGH A NASTY, DIVORCE, I LOST SOME JOBS, AND I GAINED A HECK OF A LOT OF WEIGHT.

MIKE WEINER, NARRATOR: AT HIS HEAVIEST....STEVE MURATORE PACKED 323 POUNDS...ON A FIVE FOOT-ONE INCH FRAME.

MURATORE: HERE'S SOME INTERESTING PICTURES.

WEINER: OF COURSE STEVE WASN'T ALWAYS HEAVY. HE WAS ONCE A HAPPY, HEALTHY KID.

MURATORE: WHAT WE ARE DOING HERE IS PUTTING A BOAT IN THE POND.

WEINER: EVENTUALLY, HE GREW UP AND JOINED THE AIR FORCE.

MURATORE: MY UNCLE TOLD ME TO KEEP MY MOUTH SHUT AND MY EARS AND EYES OPEN

WEINER: HE FELL IN LOVE, MARRIED AND EXPERIENCED THE MOST AMAZING DAY!

MURATORE: NOT LONG AFTER WE GOT MARRIED WE HAD PLENTY OF STRESS

WEINER: STEVE LOST HIS JOB, GOT DIVORCED, AND LOST CUSTODY OF HIS DAUGHTER.

MURATORE: IT FELT LIKE ALL OF THE EMOTIONAL LIFE DRAINED OUT OF ME

WEINER: LEAVING STEVE, MIRED IN A DEEP, DARK DEPRESSION! SO STEVE TURNED TO FOOD FOR RELIEF. AND QUICKLY BALLOONED

TO OVER 300 POUNDS! THE STATISTICS ON OBESITY ARE STARTLING!

STEVE RATZ, MOVE PARTICIPANT: IF YOU'VE GOT A GOOD CHICAGO DEEP DISH PIZZA THERE'S NOTHING LIKE IT IN THE WORLD.

TONI WALLIS, MOVE PARTICIPANT: IF IT HAS CHEESE ON IT I WOULD PROBABLY CONSUME IT.

VERA MILLER, MOVE PARTICIPANT: I LOVE SWEET TASTES.

WEINER: THREE-QUARTERS OF MEN AND TWO-THIRDS OF WOMEN RECEIVING VA HEALTH CARE ARE OVERWEIGHT.

LINDA KOMPARA, KINESIO THERAPIST, CARL T. HAYDEN VA MEDICAL CENTER, PHOENIX ARIZONA: MOST OF OUR VETERAN POPULATION THAT COMES TO US ARE OBESE AND AS YOU KNOW IT IS CURRENTLY BECOMING AN EPIDEMIC.

WEINER: AN EPIDEMIC WITH SERIOUS CONSEQUENCES.

MURATORE: THE CURLS WORK THE BICEPS AND FOREARM.

SHEILA WOODROFFE, CLINICAL DIETICIAN, CARL T. HAYDEN VA MEDICAL CENTER: VETERANS WHO ARE OVERWEIGHT ARE AT A HIGHER RISK OF DIABETES, HEART DISEASE, STROKE, CANCERS.

WEINER: LINDA AND SHEILA ARE PART OF A NATIONWIDE VA PROGRAM CALLED MOVE.

KOMPARA: A LITTLE SCOOP ON THERE BECAUSE IT IS PART OF YOUR FULL MEAL.

WEINER: A PROGRAM DESIGNED TO HELP VETS LIKE STEVE

WOODROFFE: AND WILL SEE THE PROOF HERE

WEINER: HELP THEM LOSE WEIGHT

WOODROFFE: YOU HAVE LOST TREMENDOUSLY.

WEINER: AND HELP THEM GET HEALTHY

WOODROFFE: EXCELLENT GOOD JOB

WEINER: TONI WALLIS IS AFRAID, AFRAID OF ENDING UP LIKE THEM.

WALLIS: MY MOTHER, MY UNCLE MY GRANDFATHER. THEY ALL HAVE

TYPE 2 DIABETES.

WEINER: AFRAID OF LOSING HER INDEPENDENCE NOW TONI DOES THIS (EXERCISE) AFTER LEAVING THE MILITARY TONI'S WEIGHT REACHED 189 POUNDS!

WALLIS: WHAT I SAW WAS MYSELF GETTING BIGGER AND BIGGER AND BIGGER

WEINER: AND TONI'S WORLD BEGAN CLOSING IN.

WALLIS: AS I GOT BIGGER, MY LIFE WENT NARROWER, NARROWER, NARROWER

WEINER: BUT, THERE IS LIGHT AT THE END OF THE TUNNEL

WOODROFFE: FRUITS AND VEGETABLES IS A GREAT WAY TO GET A LOT OF FIBER

WEINER: MOVE NUTRITIONISTS TEACH VETS LIKE TONI TO

WOODROFFE: STICK WITH MORE FRESH FRUITS AND VEGETABLES, LOW FAT DAIRY PRODUCTS, LEAN MEATS.

WALLIS: I HAVE LOST ABOUT 51 POUNDS

WOODROFFE: THESE PORTIONS ARE MUCH SMALLER THAN WHAT YOU'RE GOING TO FIND ON A NORMAL PLATE.

WEINER: TODAY, SHEILA DISCUSSES PORTION CONTROL AND MODERATION

WOODROFFE: ANY FOOD CAN FIT INTO A HEALTHY MEAL PLAN

WEINER: NUTRITION LABELS

WOODROFFE: WHEN YOU LOOK AT THE TOP OF NUTRITION LABEL.

WEINER: AND KEEPING FOOD JOURNALS

RATZ: THIS WAS ME IN THE ARMY 20 YEARS AGO AND THAT'S MY GOAL TO GET BACK TO THIS AGAIN

WEINER: FOR STEVEN RATZ, IT WON'T BE EASY, BASED ON HIS PREVIOUS EATING HABITS

RATZ: I WOULD JUST EAT BURGERS AND FRIES, TACOS, BURRITOS, PIZZA, FRIED CHICKEN, IT DIDN'T MATTER.

WEINER: THESE DAYS STEVEN NAVIGATES LIFE'S WATERS BY RELAXING ON HIS PONTOON BOAT.

RATZ: ONE OF THE SUGGESTIONS I LEARNED FROM THE MOVE PROGRAM WAS THAT INSTEAD OF EATING IF YOU'RE BORED, WHY DON'T YOU JUST GO OUT AND DISCOVER A NEW HOBBY.

WEINER: BY AVOIDING HIGH-CALORIE JUNK FOOD, STEVEN HAS LOST 25 POUNDS AND 5 INCHES OFF HIS WAIST.

MILLER: TWINKLE TO THE RIGHT, AND TWINKLE TO THE LEFT. IT WAS UNUSUAL DURING WWII FOR WOMEN TO JOIN THE SERVICE.

WEINER: AT 83 YEARS OLD, VERA'S HUNGRY NOT SO MUCH FOR FOOD BUT HUNGRY FOR THIS (EXERCISE).

MILLER: I REALLY LOVE THE NU-STEP.

WEINER: A MACHINE CALLED THE NU-STEP. SEVERAL OPERATIONS LEFT VERA INACTIVE FOR A LONG TIME. BUT NOW THANKS TO MOVE SHE'S MOVING AGAIN.

DEBBIE, THERAPIST: THAT KEEPS YOU IN THE RIGHT RANGE FOR BURNING FAT AND BUILDING YOUR CARDIOVASCULAR SYSTEM

MILLER: THE MOVE STAFF AT THE VA ARE REALLY VERY ENCOURAGING; THEY'RE CHEERFUL PEOPLE AND HAVE AN UPBEAT ATTITUDE.

WEINER: VERA'S BODY FAT HAS DROPPED DRAMATICALLY! WHAT DOES VERA SEE WHEN SHE LOOKS BACK AT PICTURES LIKE THESE?

MILLER: "I SEE A VIBRANT YOUNG WOMAN WHO LOVES LIFE

WEINER: AND THAT'S STILL THE PORTRAIT WE SEE TODAY. MOVE'S 10-WEEK PROGRAM HELPS PARTICIPANTS ADOPT HEALTHY HABITS FOR LIFE.

DEBBIE: STEVE'S MY NUMBER ONE ALL TIME PATIENT, HE'S THE INCREDIBLE SHRINKING MAN.

WEINER: STEVE'S LOST AN INCREDIBLE 85 POUNDS!

DEBBIE: GOOD JOB, STEVE! THANK YOU. I AM SO PROUD OF YOU.
THANK YOU. ME TOO

WEINER: IT'S BEEN A LONG, TOUGH JOURNEY FOR STEVE, TONI,
STEVEN AND VERA. BUT THE BENEFITS OF THE MOVE PROGRAM ARE
PAYING OFF.

MURATORE: I FEEL MUCH BETTER THAN I DID WHENEVER I WAS 320
POUNDS. IT'S A PART OF WHO I AM; THIS IS A PART OF BEING A VET. TO
ME, THAT SPELLS SUCCESS, AND I, YOU KNOW, I FEEL GOOD

MARCHUS: MOVE IS A 10-WEEK, VA-WIDE PROGRAM AVAILABLE TO
ALL VETERANS. ALTHOUGH FAMILY MEMBERS CANNOT ENROLL IN
MOVE, THEY CAN ATTEND MOVE MEETINGS TO LEND SUPPORT.

END OF VIDEO